



## FOR IMMEDIATE RELEASE

### PARKSIDE VICTORIA RESORT & SPA HOSTS TRAINING CAMP FOR BC BIKE RACE

**Victoria, BC, March 11, 2010** – [Parkside Victoria Resort & Spa](#) will be hosting two of Canada's best Olympic mountain bike racers, Seamus McGrath and Andreas Hestler, this week.

Inspired by the need for athletes to prepare for the BC Bike Race and other epic mountain bike races around the world, Seamus McGrath, an Olympic mountain bike racer and winner of the BC Bike Race and Andreas Hestler, former Olympian, National Champion and designer of the BC Bike Race have created a joint venture: [Performance Cycling Camps](#).

McGrath and Hestler, along with participating athletes from around North America, will be based at Parkside Victoria Resort & Spa as they conduct their inaugural seven-day camp.

Says Jim Pearson, CEO of Aviawest Resort Group and Director of the Parkside project, "We're very excited to host the BC Bike Race training camp. The event is all about seeing and experiencing some of the greatest cycling terrain BC has to offer. We think it's a great fit with Aviawest Resort Group's six BC-based properties."

The continued growth of cycling in Canada has created a need for athletes and future racers to have a location to prepare for competition. Victoria, BC, with its amazing weather, pro-cycling mentality and the former site of the National Cycling Centre, has always been the location of choice.

"Partnering with Parkside Victoria Resort & Spa during the week of our training camp is a natural decision. Parkside has amazing world-class facilities including the fitness centre, indoor pool and hot tub, private movie theatre and AquaTerre Spa. These amenities allow us to host the best camp in the best location, and as a couple of local boys we want to show off Victoria's best side," says Andreas Hestler.

Parkside Victoria Resort & Spa will also be the exclusive accommodation provider for the athletes until training concludes on Sunday.

[BC Bike Race](#) is a seven-day mountain bike adventure bringing together the world's best mountain bike competitors hungry to try British Columbia's world-renowned mountain bike trails. Competitors race from Vancouver to Whistler on a route interspersed with four amazing BC Ferries sailings. BC Bike Race was created in 2007 by a dedicated group of longtime mountain bike and adventure race professionals.



PARKSIDE  
VICTORIA  
RESORT & SPA

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Parkside Victoria Resort & Spa and [Aviawest Resort Group](#) have a history of supporting local and national athletes. In September 2009 Parkside was the exclusive training facility for the Victoria Elite Long Course triathletes prior to the Ironman Kona Hawaii 2009 World Championship when the annual fall closure of Victoria's Crystal and Commonwealth pool facilities was implemented.

Aviawest Resort Group is a proud sponsor of the Aviawest Cycling Society and [Team Aviawest](#), a registered non-profit society dedicated to supporting and fostering the development of youth riders and racers. Many of the young cyclists Aviawest has sponsored have gone on to become provincial champions and compete both nationally and internationally.

Parkside Victoria Resort & Spa is Aviawest Resort Group's newest addition to its portfolio of resort properties and the only urban resort hotel of its kind. This \$60 million sustainable resort hotel offers an exceptional accommodation guest experience and affordable, flexible second home ownership in the heart of downtown Victoria, BC, Canada.

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